

Utah State Hospital Newsletter

Issue 43

Summer 2013

Spirit of Safety Award



On behalf of the hospital we want to congratulate our first 'Spirit of Safety Award' recipients. Recipients received an incentive for the excellent efforts in patient care. These are individuals whose intervention skills were recognized by their peers as having a positive impact on patient care. They each intervened in a difficult situation on their units to redirect or de-escalate a patient to avoid a critical incident from occurring. They are examples to all regarding the use of therapeutic interventions and excellent clinical skills.

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| ★ Dianne Garcia, RN, Girls Youth | ★ Cody Johnson, SPT, Forensic 2 |
| ★ Bonita Reynolds, SPT, Northwest | ★ Alisa von Riotte, MD, Southeast |
| ★ Kent Roundy, MD, Northeast | ★ Laura Davis-Werner, Patient Advocate |
| ★ Alan Decker, SPT, Southeast | |

We want to encourage you to remember to submit your nominations. Supervisors and co-workers are encouraged to submit names of employees that demonstrate any of the following:



1. Excellent decision-making and intervention skills which redirect a patient from acting out in a violent manner.
2. Compassion and a Therapeutic approach which results in a patient being able to work through a difficult issue or situation and allows them to have positive outcomes in treatment.
3. Effective De-escalation Skills which help to avoid violence and prevent a possible Injury, Seclusion and/or Restraint from occurring.
4. Professionalism and Competence in regards to helping a patient avoid being Re-traumatized during a critical incident.

Nominations can be sent via email to the Quality Resource RN, Marlo Plumb or a member of the Executive Staff. Each month, these will be reviewed. An incentive will be awarded to the employee chosen who exemplifies the Mission of the Hospital through their extraordinary intervention skills.

When nominating someone: PLEASE DO NOT INCLUDE PATIENT NAMES IN THE EMAIL NOMINATION. This would be a HIPAA policy violation. Just document the Employee's Name, Unit, Date the event occurred, the facts of the situation and the employee's performance that is being recognized.

~Dallas Earnshaw, Superintendent



Governor's Award for Excellence

As part of Employee Appreciation Week, today Governor Herbert honored Susan Hendy, an employee at the Utah State Hospital, during the Governor's Award for Excellence ceremony. Susan expressed (...) her appreciation and indicated that she sees herself as just another member of our DHS team. She was, of course, being very gracious, but we all know that she has made enormous personal contributions to the most vulnerable among us. Congratulations Susan, you have made our department proud. ~Palmer DePaulis





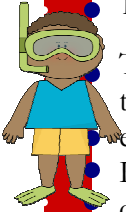
The Indicator

Bulletin of the Utah State Hospital 1943-1960



In January 1943 the Hospital's first employee newsletter "The Indicator" began publication; it continued to be published until 1960. In the inaugural issue the editorial staff noted, "We hope that it will be a cooperative enterprise in serving the needs of education, good-fellowship, and mutual understanding. Through its columns we hope to learn more about each other and our institution".

What was important to employees seventy years ago and are some issues still relevant today? Over the next few issues of our newsletter, we will look at the description of some of the treatments that were highlighted in those early "Indicators" as well as some of the larger issues noted. They are an important history of attitudes and treatment modalities of that era. However, to put that time in context, an overview of the issues and interests of employees in 1943 is notable.

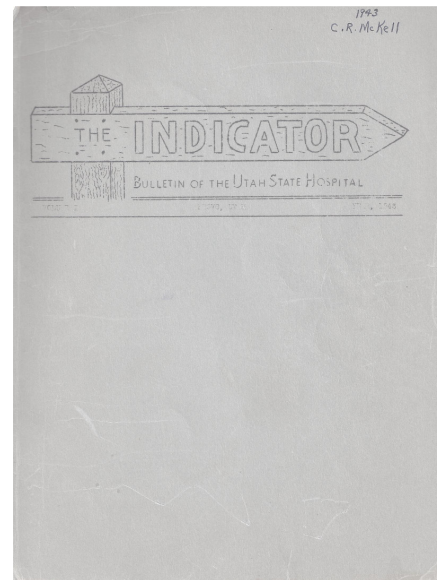


The first newsletters covered the usual employee activities that were common in newsletters of the time such as vacations, a new baby or grandchild, weddings, deaths, announcements of new employees and activities occurring on hospital wards, etc. There was a section called "Did You Know" that listed fun facts about the hospital and Utah. Different treatment modalities were described as well as the care required when a patient returned to the ward after treatment. Most issues also highlighted a department or service and its employees.

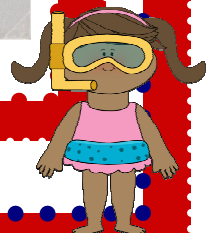
There were stories about the excitement of pending legislation before the 1943 Legislature that would provide pensions and retirement benefits; however it would not be until July 1, 1947 before this legislation would be enacted. Also starting January 1, 1944 employees would be allowed 15 days sick leave with pay, although the leave would not accumulate from year to year and a physician's note would be required. There was also a running complaint concerning how often paychecks were late.

However, with World War II just entering its second year there was also an overlay of concern, melancholy, patriotism and hope. In almost every issue there were condolences to those staff members who had lost someone in the war effort as well as notices of employees who were leaving to fight. In 1943, forty-four hospital employees had one or more family member who was in the service, and that number would grow.

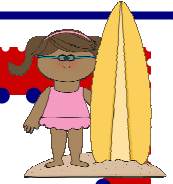
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"The Indicator" cover 1943



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Every issue urged employees to buy war bonds and listed the number of employees who contributed as well as the amount raised. A plea from the Red Cross for blood donations was also a monthly feature.

There was an article welcoming the twenty-five men who came to the hospital as conscientious or religious objectors to the war and later articles thanking them for their contributions. There was information about rationing including the scarcity of items need to run the hospital since it was under the same rationing rules that applied to the public. There was a drive for scrap metals and rubber that could be turned into equipment for the war. Articles included jokes and stories that were written to boost moral as well as encourage patriotism.



One story on the passage of new selective service legislation was particularly poignant when it noted that, "Some people may be very valuable and even irreplaceable, but no man ever was, is now, indispensable. This legislative basis for deferment from service may catch up to some people and deflate the ego of others, but it is realistic and down to earth".

In the December 1943 issue, there was a particularly touching note on holiday decorations. "While our seasonal decorations may not be as expensive or extensive as usual, they are not only appropriate but lovely. They represent a real contribution toward the holiday spirit which all of us need more than ever this year".

While we do share some of the same concerns as employees seventy years ago, health benefits, pensions, sick time just to name a few, those first years of the "Indicator" show us the remarkable effort made by employees during a particularly difficult time to meet both the needs of patients as well as each other.

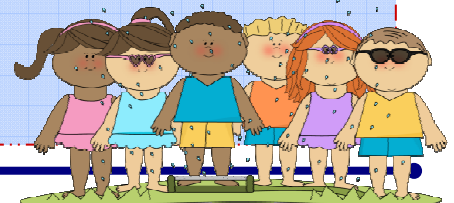
~Janina Chilton, USH Historian



Alumni Luncheon

The next annual Alumni Luncheon will be held on October 3rd. Please remind anyone that you know of that would be interested in attending about this luncheon. More details will be forthcoming. If there are any questions, please contact Amy Smith (801) 344-4202. Thanks!

This is just a friendly reminder to make sure that you and our patients are not getting too much sun exposure. While a little sun is great to boost vitamin D, sunscreen is fantastic and should be applied to prevent sunburns.



USH BLOOD DRIVES

A Huge thank you to all who have donated in the past at the hospital blood drives. The hospital donated over 30 units of blood at the May blood drive. Each pint of blood donated translates into lives saved. **Our next blood drive is scheduled for Tuesday, August 6, 2013 from 10 am - 3 pm in the gymnasium.**

Answers to some common donor eligibility questions:

- ♦ **Age:** A person must be 17 years of age. There is no upper age limit for donation.
- ♦ **Donation Intervals:** A whole blood donor may donate every 56 days. A red-cell donor may donate every 112 days. A platelet donor may donate as often as every 7 days, up to a maximum of 24 times a year. A person may donate any combination of these procedures, but the donation interval will vary.
- ♦ **Medications:** In general, most medications are acceptable, including over-the-counter oral homeopathic medications, herbal remedies and nutritional supplements. Call the Donor and Client Support Center at 1 866-236-3276 for the designated waiting periods following the last dose of the following medications: Accutane; Amnestem; Claravis or Sotret (isoretinoin); Proscar or Propecia (finasteride); Avodart (dutasteride) or Jalyn; Coumedin (warfarin), heparin, or other prescription blood thinners; hepatitis B immune globulin; human pituitary-derived growth hormone; Soriatine (acitretin); or aspirin, Feldene (piroxicam); Clopidogrel, Plavix, Ticlid or Ticlopidine.
- ♦ **Piercing (ear, body):** A person may be eligible if the instrument used for the piercing was sterile or single-use. If there is any question, a person must wait 12 months. This also applies to acupuncture and electrolysis.
- ♦ **Tattoo:** A person may donate if the tattoo was applied at a state-regulated facility that uses sterile needles and single-use ink. A person must wait 12 months after having a tattoo applied in a facility that is not state-regulated, regardless whether sterile ink and needles were used.
- ♦ **Pregnancy:** A pregnant women is not eligible to donate. A woman may donate six weeks after the end of the pregnancy, and a nursing mother is eligible to donate.
- ♦ **Diabetes:** A diabetic person is eligible to donate if the disease is well controlled by diet, non-bovine insulin or oral medications. A diabetic person who received bovine insulin manufactured in the United Kingdom is permanently ineligible to donate.

~Scott Buys, Recreation Therapy

USH NEWSLETTER

Published by Utah State Hospital
Dallas L. Earnshaw, Superintendent

Contributions to this issue:

Dallas Earnshaw	Janina Chilton
Palmer DePaulis	Scott Buys

Please submit your ideas or articles to:

Amy Smith, Utah State Hospital
801-344-4202

P.O. Box 270 Provo, Utah 84603-0270

amysmith@utah.gov

May Celebration

On May 8th, the Hospital celebrated Cinco de Mayo. Tim Morganson and Food Services provided a delicious lunch while employees and patients were entertained by authentic Mayan dancing and rituals. Huge thanks go out to all who participated to make this a wonderful event!

